

DIABETES WELLNESS GROUP



1st & 3rd Wednesday *English Speaking*
2nd & 4th Wednesday *Spanish Speaking*
12:45 - 3:00 PM

Penn State Health St. Joseph
Downtown Reading Campus – Lower Level

Learn about your diabetes and how to care for it
with Nutrition, exercise and Your Medications

For more information call Magda at 610-208-4728,
or Kathy at 610-208-4535.



PennState Health
St. Joseph

www.thefutureofhealthcare.org

